



Martin J. Chávez, Mayor

# City WellNews



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Insurance & Benefits Division

November 2008

## Your "Passport to Good Health" is coming soon!

The City of Albuquerque is proud to announce our tenth Employee Wellness Fair which will be held on Friday November 7, 2008 at the Albuquerque Convention Center, East Complex, Brazos room. The upcoming Employee Wellness fair will focus on the treatment and prevention of diabetes. You will have the opportunity to be screened for several risk factors related to diabetes. The **FREE** health screenings, provided by CIGNA HealthCare and Presbyterian Health Plan, will include:

- Blood Sugar
- Blood Pressure
- Body Mass Index
- Waist Circumference

**Free flu shots** will also be provided to all City employees at the fair. Please bring your medical insurance card, or a City pay stub to receive the flu shot.

By participating in all of the above mentioned screenings you will be eligible to enter a drawing for the Grand Prize or one of many door prizes.

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## November is Diabetes Awareness Month!!

Diabetes is a disease with a staggering human and economic toll. Almost 21 million Americans have diabetes including 6.2 million who are currently undiagnosed. Your workplace may be increasingly affected by diabetes and other chronic diseases. Strategies for preventing and managing diabetes can also reduce the risk for, or help manage, other chronic conditions including heart disease, stroke, high blood pressure, high cholesterol.

There are two main types of diabetes: Type 1 which usually occurs during childhood or adolescence and type 2, the most common form of the disease which usually occurs after age 45, but is increasingly being diagnosed in children and adolescents.

**Type 1 (formerly known as juvenile diabetes)** results from the body's failure to produce insulin - the hormone that "unlocks" the cells of the body, allowing glucose to enter and fuel them. People with type 1 diabetes must take daily insulin injections to stay alive.

**Type 2 (formerly known as adult onset diabetes)** results from insulin resistance (a condition in which the body fails to make enough or to properly use insulin), combined with relative insulin deficiency. Often type 2 diabetes can be controlled through losing weight, improved nutrition and exercise alone, but many people may need oral medications and/or insulin to control their diabetes.

**Pre-diabetes** is a condition that occurs when a person's blood glucose levels are higher than normal but not high enough for a diagnosis of type 2 diabetes. An estimated 54 million Americans have pre-diabetes, in addition to the 20.8 million with diabetes. Lifestyle changes including cutting back on calories and fat, being physically active and losing weight can return high blood glucose levels to the normal range and therefore prevent or delay type 2 diabetes.

The occurrence of many diabetes complications can be reduced by controlling blood glucose, blood pressure, and blood lipids, and by receiving timely preventive care.

Source: [www.diabetes.org](http://www.diabetes.org)

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## The Facts on GERD

Gastroesophageal reflux disease, or GERD, affects at least an estimated 5% to 7% of the global population – men, women, and children. Heartburn and/or acid regurgitation experienced weekly has been found to occur in 19.8% of individuals.

The most frequent symptoms of GERD are so common that they may not be associated with a disease. Self-diagnosis can lead to mistreatment. Consultation with a physician is essential to proper diagnosis and treatment of GERD.

Although common, GERD often is unrecognized and its symptoms misunderstood. This is unfortunate because GERD is generally a treatable disease. Serious complications can result if it is not treated properly. Persistent heartburn is the most frequent, but not the only symptom of GERD. Heartburn is so common that it often is not associated with a serious disease, like GERD. All too often, GERD is either self treated or mistreated.

GERD is a chronic disease. Treatment usually must be maintained on a long-term basis, even after symptoms have been brought under control. Issues of daily living, and compliance with long-term use of medication need to be addressed as well. This can be accomplished through follow-up, support, and education. Various methods to effectively treat GERD range from lifestyle measures to the use of medication or surgical procedures. It is essential for individuals who suffer persistent heartburn or other chronic and recurrent symptoms of GERD to seek an accurate diagnosis, to work with their physician, and to receive the most effective treatment available.

Source: <http://www.aboutgerd.org>

## November Wellness Tips

### Nutrition Tip

**Tea Time.** If you pick a bottled tea, choose one that lists brewed tea as the first ingredient and no more than 4 grams of added sugars per serving. Studies continue to show health benefits in those who drink 4 cups of brewed tea daily.

### Fitness Tip

**Flexible Face.** Many of us clench the jaw as a reaction to tension without realizing it. Stretch your facial muscles by opening up your face with an exaggerated look of surprise-eyes wide, mouth stretched wide open-then release and relax. You can even do this whenever your commute gets the best of you. (Make sure to smile afterwards so the person in front or behind you realizes you are normal.)

### Health Tip

**Swallow This.** You can help a child swallow a bad tasting medicine by first giving him/her a sticky food, such as applesauce or pudding. The coating on the mouth and tongue from the food helps mask the bad taste.

## Mayor's Monthly Green Tip

**Insulate your water heater.** In many homes, heating water is one of the highest energy expenses, accounting for up to 13 percent of the utility bill. Since water is constantly being heated regardless of whether or not hot water is actually running, a significant amount of energy is wasted when heat is lost to the surrounding air. Insulating the water heater and accompanying hot water pipes can reduce energy losses by between 4 and 9 percent and can keep more than 300 pounds of carbon dioxide from entering the atmosphere each year. Your local hardware store will likely carry water heater insulation kits for around \$20, a price that repays itself in energy savings after just a few months.

Source: <http://www.thegreenguide.com>

## November 20<sup>th</sup>, 2008 is the Great American Smokeout

The Great American Smokeout is a nationally recognized day that challenges people to stop using tobacco, raise awareness about the dangers of smoking, discuss the many effective ways available to quit smoking and all the health benefits you gain after quitting.

Quitting smoking is an important step in improving your health. It can also be a difficult challenge. The following tips may help:

**Get motivated** You can't quit unless you are motivated. Make a list of the benefits of quitting, such as reducing your risk of developing cancer, saving money and keeping secondhand smoke away from your family.

**Set a date to quit** Now that you know exactly why you want to quit, set the date. To prepare, remove items that remind you of smoking, such as ashtrays, matches or lighters, and throw away cigarettes.

**Know your triggers** Every smoker has certain triggers - activities that prompt the urge to smoke. Ending a meal, talking on the phone at home or drinking coffee are a few examples. It's important to recognize your triggers and develop ways to control them.

**Handle the urge** Delay lighting up when you get the urge to smoke. The urge will pass in just a few minutes. Also, distract yourself by doing something such as walking, reading or chewing gum. And try to breathe deeply, inhaling and exhaling slowly. In addition, drink water and avoid caffeine and alcohol.

**Find support** Tell your friends and family that you're quitting and that you want their support. And talk with your doctor, who can help you develop a plan for quitting.

**Consider nicotine replacement** The nicotine patch or nicotine gum may help you, and they're available over the counter. These aids may help ease some of the withdrawal symptoms associated with quitting smoking. But nicotine replacement products are not substitutes for modifying your behavior and being aware of your triggers. Remember that smoking is a habit as well as an addiction. Be sure to talk with your doctor before using any nicotine replacement products.

Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continues for years

### 20 MINUTES

- Blood pressure drops to normal.
- Pulse rate drops to normal.
- Body temperature of hands and feet increases to normal.

### 8 HOURS

- Carbon monoxide level in blood drops to normal.
- Oxygen level in blood increases to normal.

### 24 HOURS

- Chance of heart attack decreases.

### 48 HOURS

- Nerve endings start regrowing.
- Ability to smell and taste is enhanced.

### 2 WEEKS TO 3 MONTHS

- Circulation improves.
- Walking becomes easier.
- Lung function increases up to 30%.

### 1 TO 9 MONTHS

- Coughing, sinus congestion, fatigue, and shortness of breath decrease.
- Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, and reduce infection.
- Body's overall energy increases.

### 1 YEAR

- Excess risk of coronary heart disease is half that of a smoker.

### 5 YEARS

- Lung cancer death rate for average smoker (one pack a day) decreases by almost half.
- Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting.
- Risk of cancer of the mouth, throat and esophagus is half that of a smoker's.

### 10 YEARS

- Lung cancer death rate similar to that of nonsmokers.
- Precancerous cells are replaced.
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.

### 15 YEARS

- Risk of coronary heart disease is that of a nonsmoker.

Getting Help Is Just a Phone Call Away!

CIGNA HealthCare, Quit Today:  
1-866-417-QUIT or visit [www.myCIGNA.com](http://www.myCIGNA.com)

Presbyterian, The QUITLINE  
1-888-840-5445 or visit [www.phs.org](http://www.phs.org)

Source: <http://www.quitsmokingsupport.com/benefits.htm>

## CALENDAR OF EVENTS

### SPECIAL EVENT

DATE: 11/4/08

TIME: 7:00 AM – 11:00 AM

PLACE: APD ACADEMY, 5412 2<sup>ND</sup> ST NW (2<sup>ND</sup> AND MONTANO)

### FLU SHOT CLINIC

### SPECIAL EVENT

DATE: 11/7/08

TIME: 9:00AM – 4:00 PM

PLACE: ALBUQUERQUE CONVENTION CENTER (EAST COMPLEX, BRAZOS ROOM)

### Passport to Good Health Employee Wellness Fair

### SPECIAL EVENT

DATE: 11/13/08

TIME: 6:00 AM – 10:00 AM

SOLID WASTE EDITH, 4600 EDITH NE

### FLU SHOT CLINIC

### SPECIAL EVENT

DATE: 11/13/08

TIME: 12:10 PM – 12:50 PM

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS

LUNCH TIME WELLNESS SEMINAR:

“MANAGING DIABETES”

SPEAKER: JEREMY GLEESON, MD

### SPECIAL EVENT

DATE: 11/19/08

TIME: 7:00 AM – 11:00 AM

PLACE: AFD ACADEMY, 11500 SUNSET GARDENS SW

### FLU SHOT CLINIC

**Topics you would like us to discuss in City WellNews?**

**Contact:**

**JD Maes**

**jmaes@cabq.gov 768-2921**

**Questions about Insurance & Benefits?**

**Contact:**

**The Insurance & Benefits Office**

**768-3758**

## Fruit of the Month: Plantains



This popular banana in Latin American, Caribbean, and Asian countries is often referred to as a cooking banana. Plantains resemble bananas but they are longer in length, thicker skinned, and starchier in flavor. In most countries, plantains are used more like a vegetable than a fruit. They are not suitable for eating raw unless very ripe, when they turn completely black. One half of a large plantain is low in sodium, and high in vitamin A.

Green plantains taste more like a potato with a starchy texture. At this stage, the interior is yellowish or slightly pink. The fruit is firm and is often used as side dishes.

Yellow plantains are the middle stage of the fruit and may have some brownish-black spots. They can now be used as both vegetable and fruit and are best used in dishes that call for a slightly sweet taste and firm texture.

### Recipe

#### Sautéed Plantains & Sweet Potatoes

Makes 6 side dish servings

Each serving equals 1/2 cup of fruit or vegetables

#### Ingredients

2 Tbsp butter

2 Tbsp olive oil

2 cups sliced cooked sweet potatoes or yams

2 plantains, peeled and chopped

½ cup green onion, chopped

1 clove garlic, minced

½ cup low sodium chicken or beef broth

2 Tbsp fresh herbs (thyme, dill, or chervil), chopped

In a large skillet, melt the 2 Tbsp butter and oil until hot. Add sweet potatoes, plantains, onions, and garlic. Cook, stirring frequently, about 5 minutes. Add broth; cover and simmer 10 minutes or till plantains are tender. Add fresh herbs.

*Source:* <http://www.fruitsandveggiesmatter.gov/month/plantains.html>